



Psychreflections

How to subscribe to the Psychrespect - Psychreflections blog by email using the RSS Feed

These instructions are provided to help you set up alerts for our blog, so that you can receive an email whenever we publish a new blog post.

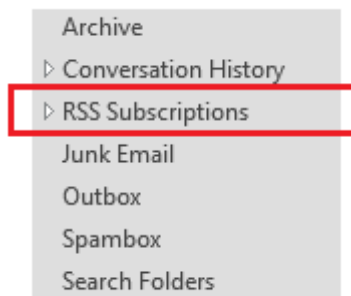
General instructions

There are many options available online to help generate an email from an RSS feed. Here is just one example, using IFTTT:

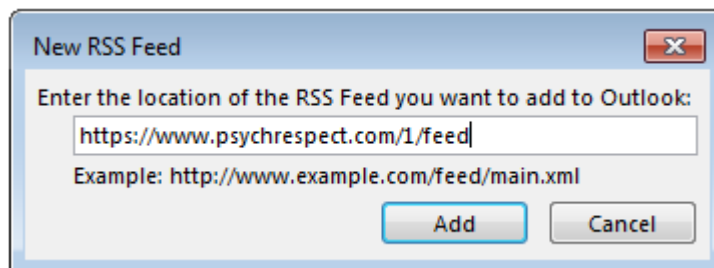
1. Go to <https://ifttt.com/applets/147561p-rss-feed-to-email>
2. Sign up for free
3. In the first text box, replace 'RSS feed to email' with 'Psychreflections'
In the second text box, enter the Feed URL:
<https://www.psychrespect.com/1/feed>
4. Click Save

Instructions for Outlook

1. In Outlook, right-click the **RSS Subscriptions** folder and choose **Add a New RSS Feed**.



2. In the **New RSS Feed** dialog box, copy and paste the Feed URL:
<https://www.psychrespect.com/1/feed>



3. Choose **Add > OK**
4. Be sure to keep an eye on the RSS Subscriptions folder for new blog posts!

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